Dear Fairview Family,

I’m not really sure what to write to you this month. It’s not that I’m at a loss for words (you all know me better than that), it’s that there is so much I want to say to you. I want to bring you words of comfort, guidance, hope, caution, information, faith, care, challenge, and love. So here are just a few words that I think we all need to hear.

You are doing a great job!
We are all going through something unprecedented, and we are having to figure new things out as we go. How to work from home, how to make ends meet if we are at of work, how to take care of kids who don’t want to be at home all the time, how to get by without our regular routine, etc. As some of have said, “we are building the plane as we fly.”

Certainly that’s true for Fairview. As we figure out how to continue ministry and care for our congregation, community, and staff in new ways and through new channels.

We will get through this!
This is the other message we need to hear. We are all in this together and together we will get through this. Nobody knows the exact road ahead, but we will move one day by day and step by step. We will be there for each other and God is with us always.

Peace,
Pastor Shawn

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**Three ways to connect with Fairview each week!**

**Sunday Morning Worship @ 11am**
Join us in one of two ways. You can use your phone, tablet or PC to visit the church’s Facebook page at www.facebook.com/FairviewPres. You do not need a Facebook account for this. You can also use any phone to listen to worship by calling (312) 626-6799 and using Webinar ID 995 247 865.

We welcome your joys and concerns by 10:00 a.m. Sunday morning through email to Pastor Shawn (scoons@fairviewpresbyterian.org) or through the comments on Facebook Live during this time. Please remember that this worship is open to anyone on the internet and share accordingly.

**Tuesday Morning Bible Study**
Join Pastor Shawn online for study and discussion of the coming Sunday’s sermon passage.

**Wednesday Evening Prayer Group**
The Fairview Prayer Group and Pastor Shawn invite you to join them for a brief time of sharing and praying for one another, our church, the community, and the world.

Bible Study and the Prayer Group will be participatory with your computer, tablet, or phone’s microphone and camera at zoom.us/j/927468522 or by calling (312) 626-6799 and using Meeting ID 927 468 522.

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**Do not fear, for I am with you,**
**do not be afraid, for I am your God;**
**I will strengthen you, I will help you,**
**I will uphold you with my victorious right hand.**

*Isaiah 40:10*
A New Way to Worship

March 15th worship went off pretty well for just two days prep time, and only using Kelsey Van Wyk, Pastor Shawn and a laptop.

By March 22nd, Brandt Lawson upgraded the audio and visual quality of worship, and John Schmid, Wayne Lundberg and Cathy Mills coordinated music for the service.

Look Who’s Worshipping!

Post your worship photo on Facebook or send it to Pastor Shawn or the church office!
Human beings like certainty. We are hard-wired to want to know what is happening when and to notice things that feel threatening to us. When things feel uncertain or when we don’t generally feel safe, it’s normal to feel stressed. This very reaction, while there to protect us, can cause all sorts of havoc when there is a sense of uncertainty and conflicting information around us.

A large part of anxiety comes from a sense of what we think we should be able to control, but can’t. Right now, many of us are worried about COVID-19, known as the “Coronavirus”. We may feel helpless about what will happen or what we can do to prevent further stress. The uncertainty might also connect to our uncertainty about other aspects of our lives, or remind us of past times when we didn’t feel safe and the immediate future was uncertain.

In times like these, our mental health can suffer. We don’t always know it’s happening. You might feel more on edge than usual, angry, helpless or sad. You might notice that you are more frustrated with others or want to completely avoid any reminders of what is happening. For those of us who already struggle with our mental wellness, we might feel more depressed or less motivated to carry out our daily activities.

It’s important to note that we are not helpless in light of current news events. We can always choose our response. If you are struggling, here are some things you can do to take care of your mental health in the face of uncertainty:

1. **Separate what is in your control from what is not.** There are things you can do, and it’s helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit your consumption of news.

2. **Do what helps you feel a sense of safety.** This will be different for everyone, and it’s important not to compare yourself to others. It’s ok if you’ve decided what makes you feel safe is to limit attendance of large social events, but make sure you separate when you are isolating based on potential for sickness versus isolating because it’s part of depression.

3. **Get outside in nature—even if you are avoiding crowds.** I took a walk yesterday afternoon in my neighborhood with my daughter. The sun was shining, we got our dose of vitamin D, and it felt good to both get some fresh air and quality time together. Exercise also helps both your physical and mental health.

4. **Challenge yourself to stay in the present.** Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn’t happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.

Stay connected and reach out if you need more support. Talk to trusted friends about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it’s ok to reach out to a mental health professional for support. You don’t have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.

By Doreen Marshall, Ph.D.
Before the recent quarantine measures, Nancy Smith and the senior highs had planned to bake soft pretzels for coffee hour this week, touching on the Lenten practice of making treats from the simplest of ingredients to remind us of arms folded in prayer.

There are as many legends of how this began centuries ago as there are soft pretzel recipes. In our isolated homes, perhaps the message for today is that God continues to wrap us in his care as we continue to pray for those around us.

Here's one very easy soft pretzel recipe:

1 package yeast  
1 1/2 cups warm water  
1 tablespoon sugar  
1 tablespoon salt  
4 cups flour  
1 egg

Mix yeast, water, sugar and salt in a large bowl. Let sit for a few minutes and stir in the flour. Turn out on a counter and knead until the dough is smooth and elastic. Cut into 8-10 pieces. Roll and shape into the form of arms crossed in prayer and place on a baking sheet. Brush the dough with a beaten egg. Sprinkle the top with salt, or cinnamon and sugar, etc. and bake at 400 for 12-15 minutes.